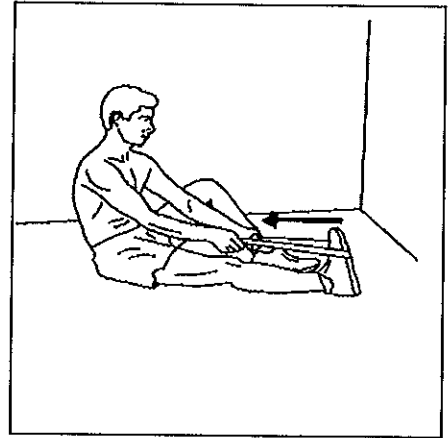


Exercise: Foot Up Long Sitting Towel (Dorsi Flex) Stretch
Area: Ankle

Comment:**Exercise Description:**

1. Long sit keeping leg supported on firm smooth surface.
2. Place towel around bottom of forefoot grasping both ends of towel in hands.
3. Pull towel with hands bring forefoot upward and hold.
4. Relax and repeat.

What to feel? Stretching in ankle and back of calf
How many/often? 1 sets 3 repetitions 1 times per day
How much weight? 0 pounds Hold for: 30 seconds
Desired Benefits: Increase ankle mobility

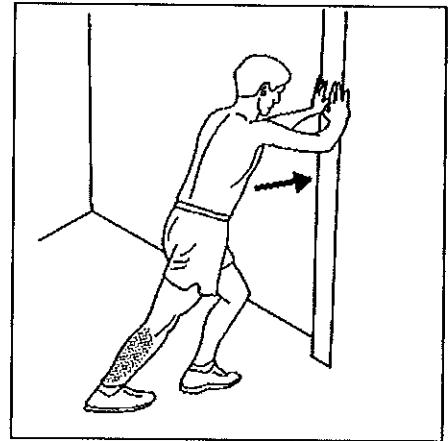


Exercise: Gastrocnemius Standing Stretch
Area: Calf and ankle

Comment:**Exercise Description:**

1. Stand with hands resting on wall or on stable object.
2. Place the UNINVOLVED leg forward of involved leg.
3. Keep the back leg (involved leg) straight and heel on ground throughout the exercise.
4. Lean body forward bending at ankles and hold.
5. Return to starting position, relax, and repeat.

What to feel? Stretching of calf
How many/often? 1 sets 3 repetitions 1 times per day
How much weight? 0 pounds Hold for: 30 seconds
Desired Benefits: Increase muscle flexibility

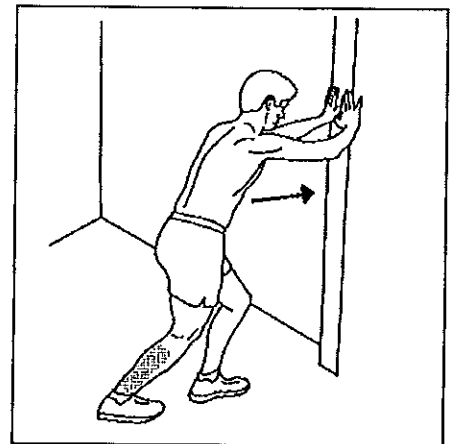


Exercise: Soleus Standing Stretch
Area: Calf and ankle

Comment:**Exercise Description:**

1. Stand with hands resting on wall or on stable object.
2. Place UNINVOLVED leg slightly forward of involved leg.
3. Keep heel on floor throughout exercise.
4. Bend knees, squat down, and hold.
5. Return to the starting position, relax, and repeat.

What to feel? Stretching in lower calf
How many/often? 1 sets 3 repetitions 1 times per day
How much weight? 0 pounds Hold for: 30 seconds
Desired Benefits: Increase muscle flexibility



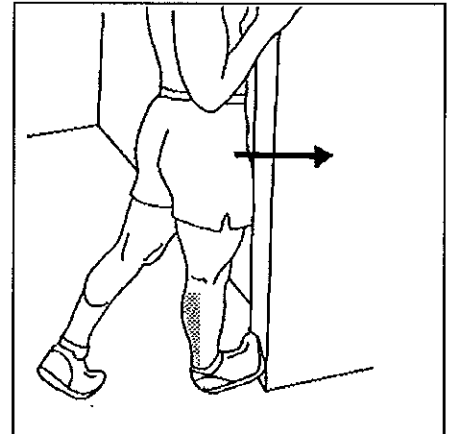
Exercise: Calf Foot Against Wall Knee Straight Stretch
Area: Calf and ankle

Comment:

Exercise Description:

1. Stand facing wall and place toes and forefoot against base of wall.
2. Keep knee straight and maintain foot position throughout exercise.
3. Lean body toward wall letting ankle bend and hold.
4. Return to starting position, relax, and repeat.

What to feel?	Stretching in calf
How many/often?	1 sets 3 repetitions 1 times per day
How much weight?	0 pounds Hold for: 30 seconds
Desired Benefits:	Increase muscle flexibility

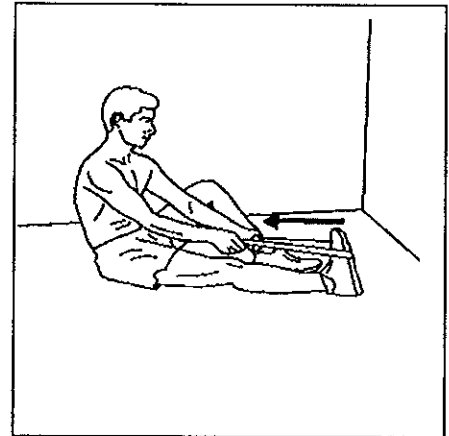


Exercise: Foot Up Long Sitting Towel (Dorsi Flex) Stretch
 Area: Ankle

Comment:**Exercise Description:**

1. Long sit keeping leg supported on firm smooth surface.
2. Place towel around bottom of forefoot grasping both ends of towel in hands.
3. Pull towel with hands bring forefoot upward and hold.
4. Relax and repeat.

What to feel? Stretching in ankle and back of calf
 How many/often? 1 sets 2 repetitions 1 times per day
 How much weight? 0 pounds Hold for: 30 seconds
 Desired Benefits: Increase ankle mobility

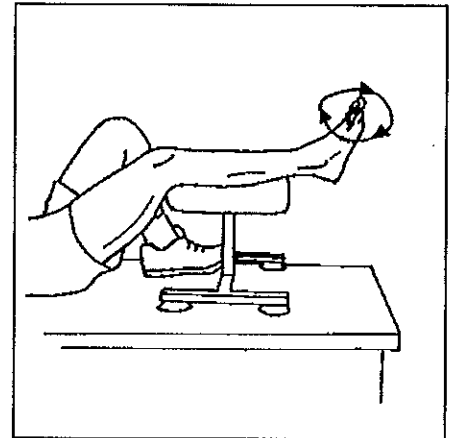


Exercise: Foot Circles Leg Elevated
 Area: Ankle

Comment:**Exercise Description:**

1. Lie on firm surface with the INVOLVED leg elevated on a chair or foot stool.
2. Rotate the foot in a small circle clockwise. Increase the circle as you can without causing discomfort.
3. Now rotate the foot in the opposite direction.
4. Move the ankle and foot through a comfortable range without causing discomfort.
5. Repeat as instructed.

What to feel? Tightening in calf and front of lower leg
 How many/often? 1 sets 30 repetitions 1 times per day
 How much weight? 0 pounds Hold for: 0 seconds
 Desired Benefits: Increase muscle strength

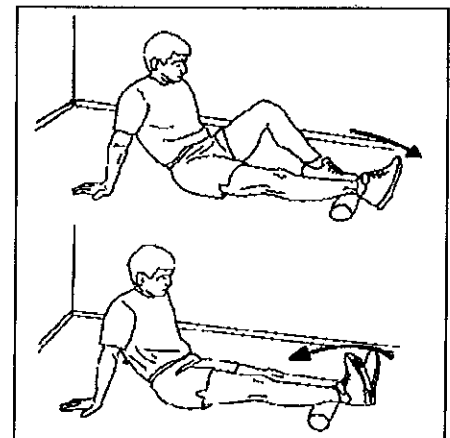


Exercise: Foot Up and Down Long Sitting
 Area: Ankle

Comment:**Exercise Description:**

1. Long sit with leg supported on smooth firm surface towel roll under lower leg.
2. Keeping leg supported point foot down.
3. Pull foot and toes up.
4. Return to starting position and repeat.

What to feel? Tightening in calf and front of lower leg
 How many/often? 1 sets 30 repetitions 1 times per day
 How much weight? 0 pounds Hold for: 0 seconds
 Desired Benefits: Increase muscle strength



Exercise: Foot Up Sitting Chair (Dorsi Flexion)

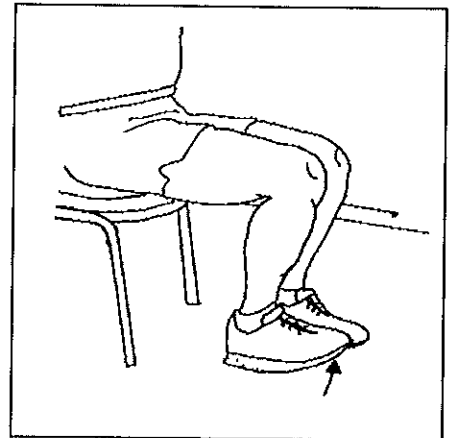
Area: Ankle

Comment:

Exercise Description:

1. Sit with foot on floor.
2. Keep heel in contact with floor throughout exercise.
3. Lift forefoot up toward ceiling.
4. Return to starting position and repeat.

What to feel? Tightening in front of lower leg
How many/often? 1 sets 30 repetitions 1 times per day
How much weight? 0 pounds Hold for: 0 seconds
Desired Benefits: Increase muscle strength



Exercise: Foot Down Sitting Chair (Plantar Flexion)

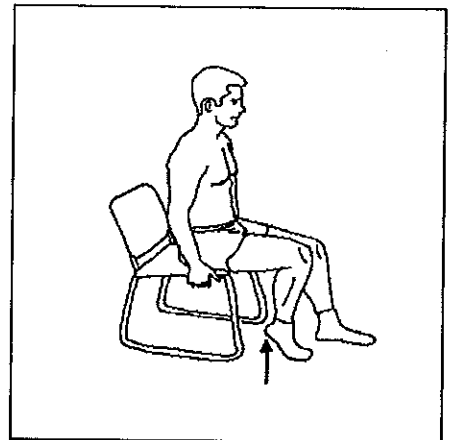
Area: Ankle

Comment:

Exercise Description:

1. Sit with foot on floor.
2. Keep toes in contact with floor throughout exercise.
3. Lift heel up toward ceiling.
4. Return to starting position and repeat.

What to feel? Tightening in front of lower leg
How many/often? 1 sets 30 repetitions 1 times per day
How much weight? 0 pounds Hold for: 0 seconds
Desired Benefits: Increase muscle strength



Exercise: Foot Up Toes Gripping Towel

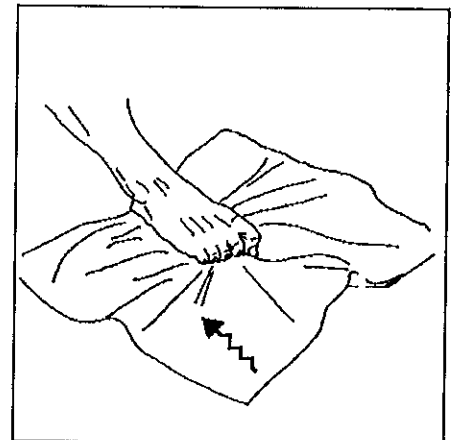
Area: Ankle

Comment:

Exercise Description:

1. Sit in chair with foot resting on smooth surface with towel between foot and surface.
2. Curl toes downward gripping towel on floor while slightly lifting foot up.
3. Return to the starting position and repeat.

What to feel? Tightening about bottom of foot and calf
How many/often? 1 sets 30 repetitions 1 times per day
How much weight? 0 pounds Hold for: 0 seconds
Desired Benefits: Increase muscle strength

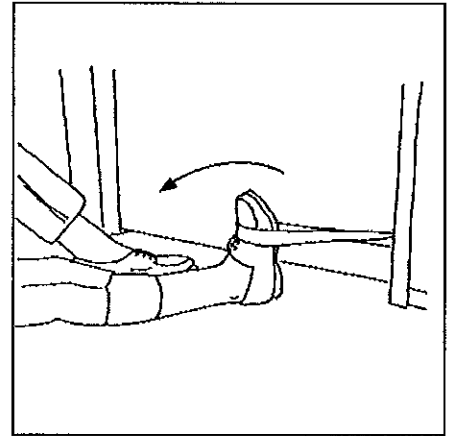


Exercise: Foot Up (Dorsi Flexion) Elastic
Area: Ankle

Comment:**Exercise Description:**

1. Place knot of elastic in door jam about one foot up from the floor.
2. Sit on floor with leg out straight and attachment of elastic at the bottom of foot.
3. Place elastic around top of foot just below toes.
4. Back up to pick up slack of elastic.
5. Pull foot up keeping knee straight and hold.
6. Slowly return to the starting position and repeat.

What to feel? Tightening of the front of the lower leg
How many/often? 1 sets 30 repetitions 1 times per day
How much weight? 0 pounds Hold for: 0 seconds
Desired Benefits: Increase muscle strength

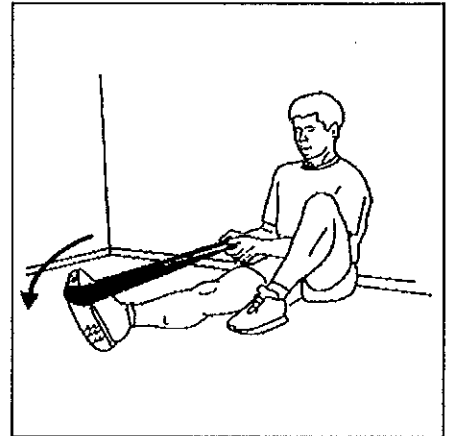


Exercise: Foot Down (Plantar Flexion) Elastic
Area: Ankle

Comment:**Exercise Description:**

1. Sit on flat surface with leg out straight.
2. Place elastic around bottom of foot just below toes.
3. Grasp the other end of elastic in hands and pull back to pick up slack.
4. Keeping hands still point foot down stretching elastic and hold.
5. Slowly return to the starting position and repeat.

What to feel? Tightening in calf
How many/often? 1 sets 30 repetitions 1 times per day
How much weight? 0 pounds Hold for: 0 seconds
Desired Benefits: Increase muscle strength

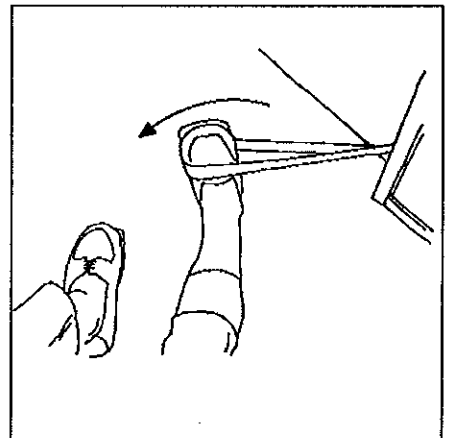


Exercise: Foot In (Inversion) Elastic
Area: Ankle

Comment:**Exercise Description:**

1. Place knot of elastic in door jam about one foot up from floor.
2. Sit on floor with leg out straight so attachment of elastic is outside of foot.
3. Place elastic around inside edge of foot just below toes.
4. Move leg away from door to pick up slack of elastic.
5. Pull foot inward against the elastic without rotating the leg and hold.
6. Slowly return to the starting position and repeat.

What to feel? Tightening of the inside of the lower leg and foot
How many/often? 1 sets 30 repetitions 1 times per day
How much weight? 0 pounds Hold for: 0 seconds
Desired Benefits: Increase muscle strength



Exercise: Foot Out (Eversion) Elastic
Area: Ankle

Comment:

Exercise Description:

1. Place knot of elastic in the door jam about one foot up from the floor.
2. Sit on floor with leg out straight and attachment of the elastic to the inside of the foot.
3. Place elastic around the outside edge of foot just below the toes and move leg away to pick up slack.
4. Keeping leg still pull foot out against elastic without rotating leg and hold.
5. Slowly return to the starting position and repeat.

What to feel?	Tightening of the outside of leg and foot
How many/often?	1 sets 30 repetitions 1 times per day
How much weight?	0 pounds Hold for: 0 seconds
Desired Benefits:	Increase muscle strength

